

IYENGAR YOGA



INSTITUTE OF NEW YORK
ASSOCIATION OF GREATER NEW YORK

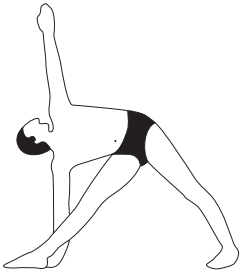
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HOME PRACTICE SEQUENCE

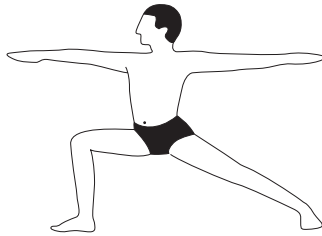
LEVEL I

Sequence 2

(Wherever the time is not given, the pose should be done according to one's capacity and time at one's disposal. Repetitions are recommended over timings to avoid strain.)



1 *Utthita Trikoṇāsana*
2 x each side



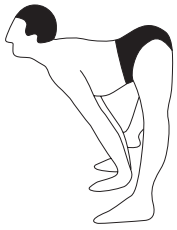
2 *Vīrabhadrāsana II*
2 x each side



3 *Ardha Uttānāsana*
(half *Uttānāsana*;
hands on wall at
shoulder height;
concave back)
1 x



4 *Pārśvottānāsana*
(concave back; hands
on chair or blocks)
2 x



5 *Prāsarita Pādottānāsana*
(hands on floor, arms
straight; concave back)
2 x



6 *Sukhāsana*
(simple cross legs;
switch cross and twist
to each side) 2 x



7 *Baddha Koṇāsana*
(back supported
against wall or couch)
sit on support for
several minutes



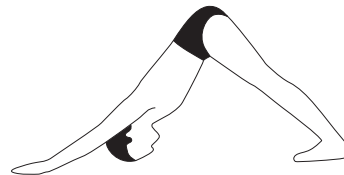
8 *Vajrāsana* (*Ūrdhva Hasta*
& *Parvatāsana* in
Vajrāsana) sit with
blanket between calves
and thighs)



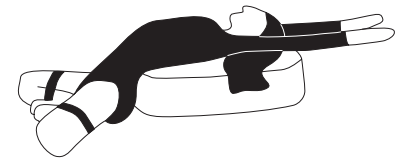
9 *Adho Mukha Vīrāsana*
(knees apart; relax
forward; then arms
forward) 2 x



10 *Pavanmuktāsana*



11 *Adho Mukha Śvānāsana*
2 x



12 *Supta Baddha Koṇāsana*
(with support under
legs, back, and head)